

Among Friends

March 2012

The purpose of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



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Transportation 508-210-5573
Nutrition Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

YOU COULD WIN A PRIZE...

We are having a contest to name our dining site. If you have an idea of a great name, you can e-mail it to louisec@holdenma.gov; mail it to us at 1130 Main Street (please write on the envelope "contest entry"); or drop it off here at the Senior Center. Please remember to clearly write or print your name, address and phone number on your submission. The winning entry will win a prize!! Entries must be received by **Friday, March 30.**



CLUTTER CONTROL



An entertaining program on what to do with all your **STUFF** will be held on **Monday, March 5 at 10:00 a.m.** at the Holden Senior Center. Dave Downs will help us with our new year's resolution to get our clutter under control with some practical advice, mixed with humor. Free program, open to all. Please call 508-210-5570 for a reservation.

Tea with Tina

A sure sign of spring is a visit from Tina Bemis, from Bemis Farms Nursery, on **Thursday, March 15 at 1:00 p.m.** Join us for a talk by Tina on what is new in the plant world, with time for questions and answers. Refreshments served. Please call 508-210-5570 for a reservation.



PROTECTING YOUR HOME

Your home is one of your biggest assets. Attorney Arthur Bergeron from Mirick O'Connell will present a free legal clinic on major home protection strategies on **Monday, March 26 at 1:00 p.m.** Reservations are required. Please call 508-210-5570 to reserve your place.



NEW BEREAVEMENT SUPPORT PROGRAM

We are pleased to begin a new offering for those who have suffered a loss. The group will meet the **2nd Monday** of each month **beginning Monday, March 12 at 4:30 p.m.** This will be a drop in group facilitated by Carol Recchion MDiv. Carol has a great deal of experience in the field of bereavement support, and we are extremely grateful that she is sharing that expertise with us. For more information call Carol Recchion at 774-258-1468 or the Senior Center at 508-210-5570. This group is free and open to everyone.





UPCOMING TRIPS

Wed., May 2 ... "Vicki" Emmy Award-winning comedienne Vicki Lawrence is one of the most beloved television personalities of her generation. Vicki went on to become part of the now-legendary cast of the "Carol Burnett Show." Ms. Lawrence will take the stage first. "My new show will not be a retrospective," she explains. "We are designing a show that is a mixture of stand-up comedy, music and observations about real life. The multi-talented entertainer is mostly known for her acting and comedic talents, but she also earned a gold record for the 1973 hit, "The Night the Lights Went Out in Georgia." Your package includes: Current Foxwoods Bonus Package; Reserved Seating at the Fox Theatre and a free Buffet Lunch. Price, departure and return times will appear in the April Newsletter.

Tues., July 3 ... "Boston Harborfest 2012" This 2012, for the first time ever, OpSail (Tall Ships) and the U.S. Navy have formed an official partnership. Join us to see: Tall Ships and US Naval vessels from across the world are coming to Boston to mark the *bicentennial of the War of 1812* and "*The Star Spangled Banner*." We will board a sightseeing boat for a wonderful narrated up-close look at the **Majestic Tall Ships** from across the globe, as we cruise around the Boston Harbor we will sail by the pride of the **U.S. Navy's Gray Hull War ships and Old Ironsides** in port for Boston's Celebration. A family style all-you-can eat luncheon is included at a popular Boston area restaurant. Cost for this trip is \$95.00 per person.

NEWS FROM THE OUTREACH DEPARTMENT

The Calling Care (R.U.O.K.) system is now located at the Police Department. The HPD will monitor the system; our Outreach Staff will do the computer support. The Calling Care or RUOK system is a telephone reassurance program that provides daily telephone calls to seniors and disabled individuals. This program provides these individuals with a sense of security and safety knowing that they can depend on a daily telephone call to confirm that they are well. Any senior or disabled individual in Holden is eligible to participate in this program. For more information call Paula or Cheryl at 508-210-5570.



BOOK DISCUSSION GROUP

On **Thurs., Mar. 8 at 10:00 am** our book discussion group will meet to discuss the book *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows. Unfolding in a series of letters, this enchanting novel introduces readers to the indomitable Juliet Ashton. Through Juliet's correspondence with her publisher, best friend, and an absorbing cast of characters, readers discover that despite the personal losses she suffered in the Blitz, and author tours sometimes marked by mishaps, nothing can quell her enthusiasm for the written word. One day she begins a different sort of correspondence, responding to a man who found her name on the flyleaf of a cherished secondhand book. He tells her that his name is Dawsey Adams, a native resident of Guernsey, one of the Channel Islands recently liberated from Nazi occupation. Soon Juliet is drawn into Dawsey's remarkable circle of friends, courageous men and women who formed the Guernsey Literary and Potato Peel Pie Society as a cover to protect them from the Germans. With their appetite for good books, and their determination to honor the island's haunting recent history, this is a community that opens Juliet's heart and mind in ways she could never have imagined. Call 508-210-5570 to register.



VETERANS MEET AND GREET MEETING

FRIDAY, MARCH 23 AT 10:30 a.m.

Life on the USS Franklin during WWII, a talk given by Steve Nowak, a Marine assigned to that carrier. Al Sculthorpe will talk about his flight operations during the end of the Korean War. All local veterans are invited to attend and share their experiences.



The First Ladies

Performer Patricia Perry from Sneak Peek Productions will present her show "The First Ladies" on Monday, April 2 at 1:00 p.m. This performance is made possible through a gift from the Holden Women's Club. The show is free and open to all. Please call 508-210-5570 for a reservation.



SHINE COUNSELOR
Wednesday, March 7
BY APPOINTMENT ONLY



FROM THE FRIENDS...

ATTENTION FRIENDS MEMBERS: Our Annual Meeting will be held on **Wednesday, May 16 at 9:00 a.m.** at the Senior Center. ALL are welcome to conduct Friends' business and enjoy a continental breakfast. Friends Membership is necessary to attend. Registration is required by calling 508-210-5570.

Take out your membership card—do you need to renew your membership??

We still have the Cat's Meow of the Senior Center available for sale. The cost is \$20.00.

Celebrate the Center's 10th year with a purchase of the Cat's Meow.

The next regular meeting will be on **Mon., March 5 at 1:00 p.m.** Come see what we're doing!!

LEOMINSTER CREDIT UNION TO OFFER SENIOR FINANCIAL SAFETY PROGRAM



Leominster Credit Union will provide a 4-week Senior Financial Safety program with the first session being held on **Wednesday, April 4 at 3:00 p.m.** The program is designed as a four part series of interactive workshops. Call the Senior Center at 508-210-5570 to register. The sessions include:

- * Money Management for Seniors - The Use of Money Management Tools
- * Consumer Fraud Targeted for Seniors - How to Identify and Avoid Common Fraud Schemes
- * Post-Retirement Planning for Seniors - Understanding On-going Planning Needs
- * Taking Care of a Senior - Understanding Medicare and Related Insurance Products and How to Identify and Access Resources.

Certificates will be awarded upon completion.

Those wishing to attend should register with the Senior Center by calling 508-210-5570 by Tuesday, March 27. The program will be facilitated by Ingrid Adade, LCU's Financial Education Officer, a certified educator through the Institute for Financial Literacy and certified Financial Counselor through CUNA.

STAYING HEALTHY TIPS

There have been a significant number of gastrointestinal illness outbreaks across Massachusetts this winter, which are likely caused by norovirus infections. This is a highly contagious illness caused by infection with a virus. Norovirus is often called by other names, such as viral gastroenteritis, stomach flu, and food poisoning and it can be transmitted easily from one person to another.

People with norovirus are contagious from the moment they begin feeling ill to anywhere from 3 days to 2 weeks after recovery, which makes controlling this disease even more difficult. Listed below are some ways you can prevent the spread of norovirus:

Practice proper hand hygiene: Washing hands with soap and water is the best way to reduce the number of germs on them. You should wash your hands carefully for at least 20 seconds with soap and water, especially after using the toilet and changing diapers and always before eating or preparing food. Alcohol-based hand sanitizers (containing at least 62% ethanol) may be a helpful addition to hand washing, but they are not a substitute for washing with soap and water. While they can quickly reduce the number of germs on hands in some situations, sanitizers do **not** eliminate all types of germs. **Hand sanitizers are not effective when hands are visibly dirty.**

Take care in the kitchen: Carefully wash fruits and vegetables, and cook oysters and other shellfish thoroughly before eating them.

Do not prepare food while infected: People who are infected with norovirus should not prepare food for others while they have symptoms and for 3 days after they recover from their illness.


Clean and disinfect contaminated surfaces: After an episode of illness, such as vomiting or diarrhea, immediately clean and disinfect contaminated surfaces by using a bleach-based household cleaner as directed on the product label or a solution made by adding 5–25 tablespoons of household bleach to 1 gallon of water.

Wash laundry thoroughly: Immediately remove and wash clothing or linens that may be contaminated with vomit or fecal matter. Handle soiled items carefully—without agitating them—to avoid spreading virus. They should be laundered with detergent at the maximum available cycle length and then machine dried.



MARCH 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW BEREAVEMENT SUPPORT PROGRAM Monday, March 12 at 4:30 p.m.	The First Ladies  Monday, April 2 at 1:00 p.m.	MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE	1 8:00 HCOA Board Mtg. 8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch <i>Beef & Broccoli</i> 12:30 Movie "Old Dogs" 1:00 Line Dancing 1:00 Bridge	2 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Stuffed Shells</i> 1:00 Cribbage
5 8-4:00 Billiards 10:00 Crafts 10:00 Clutter Control 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Quilting 1:00 Friends' Meeting	6 PRESIDENTIAL PRIMARY NO PROGRAMS	7 SHINE By Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Italian Braised Beef</i> 1:00 Pitch Party 2:00 Chess Group	8 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Grp. 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Sweet & Sour Pork</i> 12:30 Movie <i>"Waiting for Superman"</i> 1:00 Line Dancing 1:00 Bridge	9 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Macaroni & Cheese</i> 1:00 Cribbage
12 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Peach Apricot Chicken</i> 1:00 Quilting	13 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef Burgundy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	14 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Pork Rib B-Q</i> 1:00 Pitch Party 2:00 Chess Group	15 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Corned Beef</i> 12:30 Movie "Mickey" 1:00 Line Dancing 1:00 Bridge 2:00 Tea with Tina	16 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Salmon Boat w/Dill Sauce</i> 1:00 Cribbage
19 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Veal Marsala</i> 1:00 Quilting	20 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Turkey a La King</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	21 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Pitch Party 2:00 Chess Group	22 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Cantonese</i> 12:30 Movie <i>"One Day"</i> 1:00 Line Dancing 1:00 Bridge	23 8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <i>Vegetable Alfredo</i> 1:00 Cribbage
26 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Salisbury Steak</i> 1:00 Quilting 1:00 Protecting Your Home	27 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork Bourguignon</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	28 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Penne w/Chicken & Broccoli</i> 1:00 Pitch Party 2:00 Chess Group	29 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 12:30 Movie <i>"King Ralph"</i> 1:00 Line Dancing 1:00 Bridge	30 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Cribbage

COMING IN APRIL...

April 2... "The First Ladies"



April 23 ... Volunteer Recognition

April 30 ... Meet the Artist



FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
- ☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520

MARCH MOVIES

Thurs., Mar. 1... "Old Dogs" On the verge of a game-changing business deal, a divorced dad (Robin Williams) and his womanizing best friend and partner (John Travolta) are thrown for a loop when they're tasked with caring for a rambunctious pair of 6-year-old twins. Helmed by Walt Becker, this family comedy also stars Seth Green, Kelly Preston, Matt Dillon, Rita Wilson and Bernie Mac, in his final big-screen appearance. *PG ~ 88 minutes*

Thurs., Mar. 8... "Waiting for 'Superman'" Dynamic documentarian Davis Guggenheim weaves together stories about students, families, educators and reformers to shed light on the failing public school system and its consequences for the future of the United States. *PG ~ 111 minutes*

Thurs., Mar. 15... "Mickey" Best-selling author John Grisham deviates from his usual literary thrillers with this winning film that stars Harry Connick Jr. as Tripp Spence, a widower who goes on the run from the IRS with his 12-year-old baseball-phenomenon son, Derrick (Shawn Salinas). They assume new identities and flee to Las Vegas, where Derrick, now known as Mickey, joins a team that makes it to the Little League World Series. But will fame give away his true identity? *PG ~ 104 minutes*

Thurs., Mar. 22... "One Day" After a romantic tryst on college graduation night, Emma and Dexter (Anne Hathaway and Jim Sturgess) pursue separate dreams. This romantic drama based on a novel of the same name checks in with them each year on the same date, tracking their personal and professional progress. *PG-13 ~ 108 minutes*

Thurs., Mar. 29... "King Ralph" When the entire royal family is electrocuted in a freak accident, it leaves Las Vegas lounge singer Ralph Jones (John Goodman) the lone heir to the English throne. Aided by a family servant (Peter O'Toole), boorish slob Ralph does his best to rise to the occasion. John Hurt plays his scheming adversary, Percival Graves, a British lord who plots the new monarch's downfall in this genial comedy from director David S. Ward. *PG ~ 97 minutes*

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